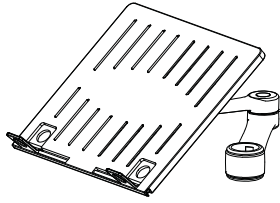


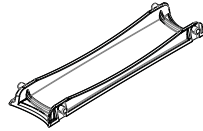
## Component Checklist



Notebook Tray and Arm Assembly



Hand Grip



Primary Arm  
Cable Cover



Secondary Arm  
Cable Cover



Hook & Loop  
Fasteners (x4 sets)

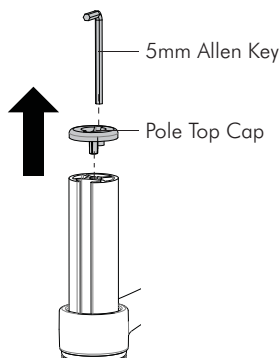
## IMPORTANT INFORMATION:

- ! **IMPORTANT - Install Focus Notebook Mount as per installation instruction.**
- ! **This product is designed to be used in conjunction with an external keyboard and mouse.**
- ! **To be used with existing Focus Mount.**
- ! Focus Notebook Mount supports Notebooks up to 18", weighing up to 8kg (17.6lbs).
- ! The manufacturer accepts no responsibility for incorrect installation.

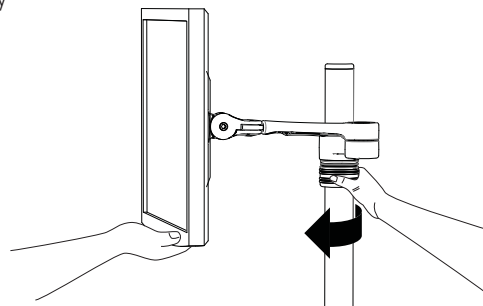
## Step 1. Check Components

Check what you have received against the component checklist and hardware above.

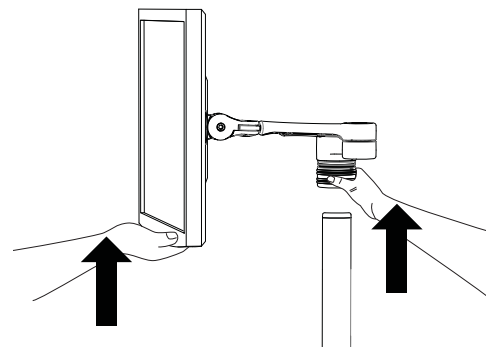
## Step 2. Remove existing Arm & Monitor from Pole (ensure monitor cables are unplugged)



**2.1** Remove Pole Top Cap and 5mm Allen Key from the Pole.

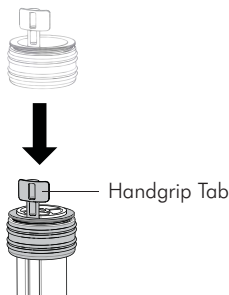


**2.2** Whilst supporting the weight of the Monitor, unlock the Hand Grip.

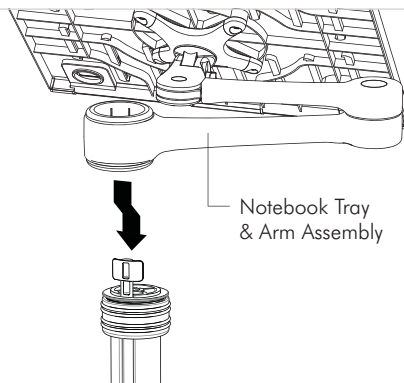


**2.3** Lift the Monitor and Focus Arm, removing both from the Pole.

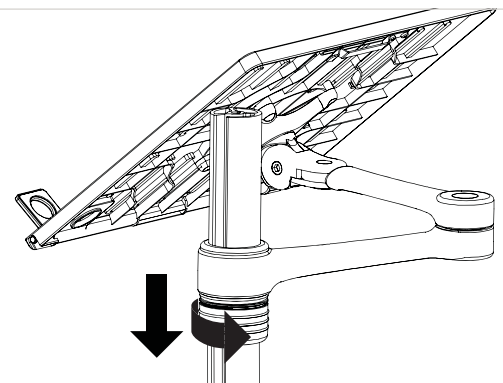
## Step 3. Remove existing Arm & Monitor from Pole (ensure monitor cables are unplugged)



**3.1** Slide the Handgrip onto the top of the Pole so the Handgrip Tab protrudes.

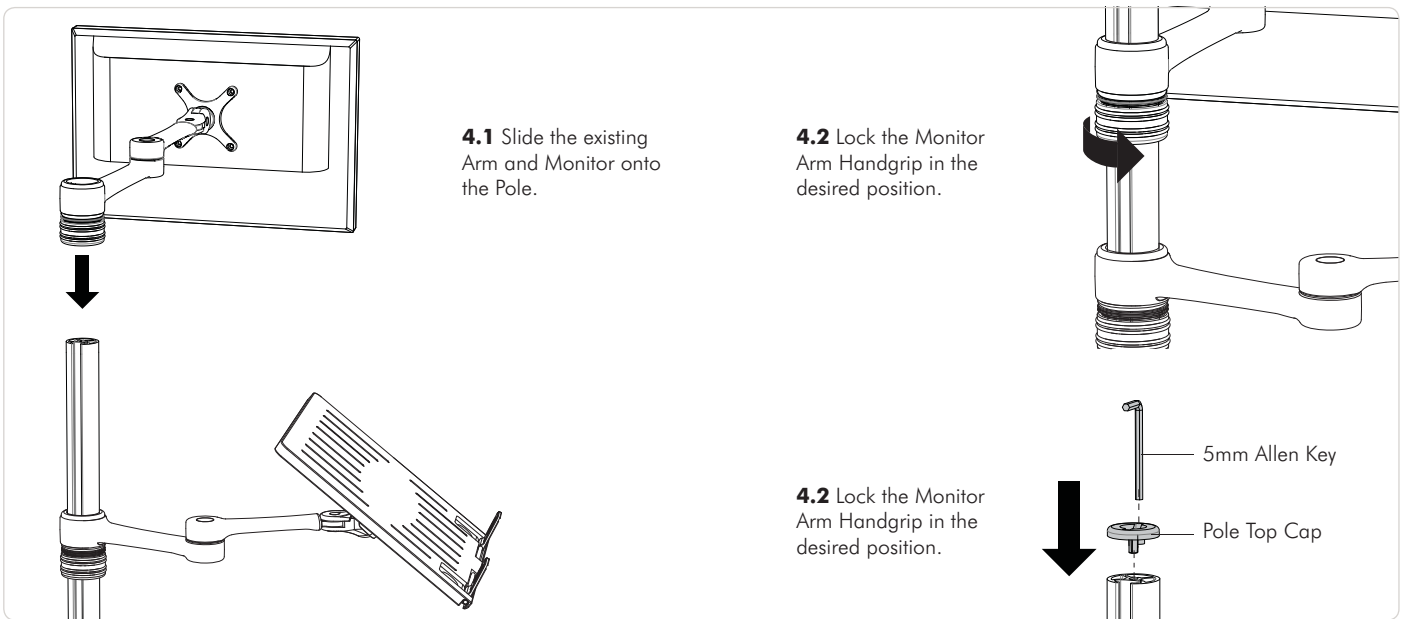


**3.2** Slip the Notebook Tray & Arm Assembly over the Handgrip Tab and then onto the Pole.

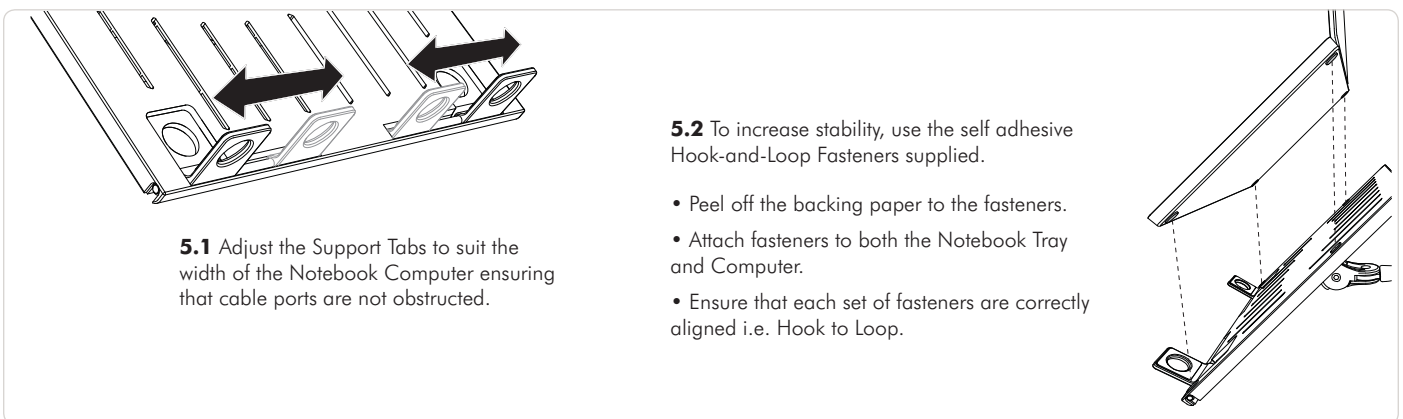


**3.3** Slide the Arm Assembly and Handgrip down the pole before locking the Handgrip at the desired height.

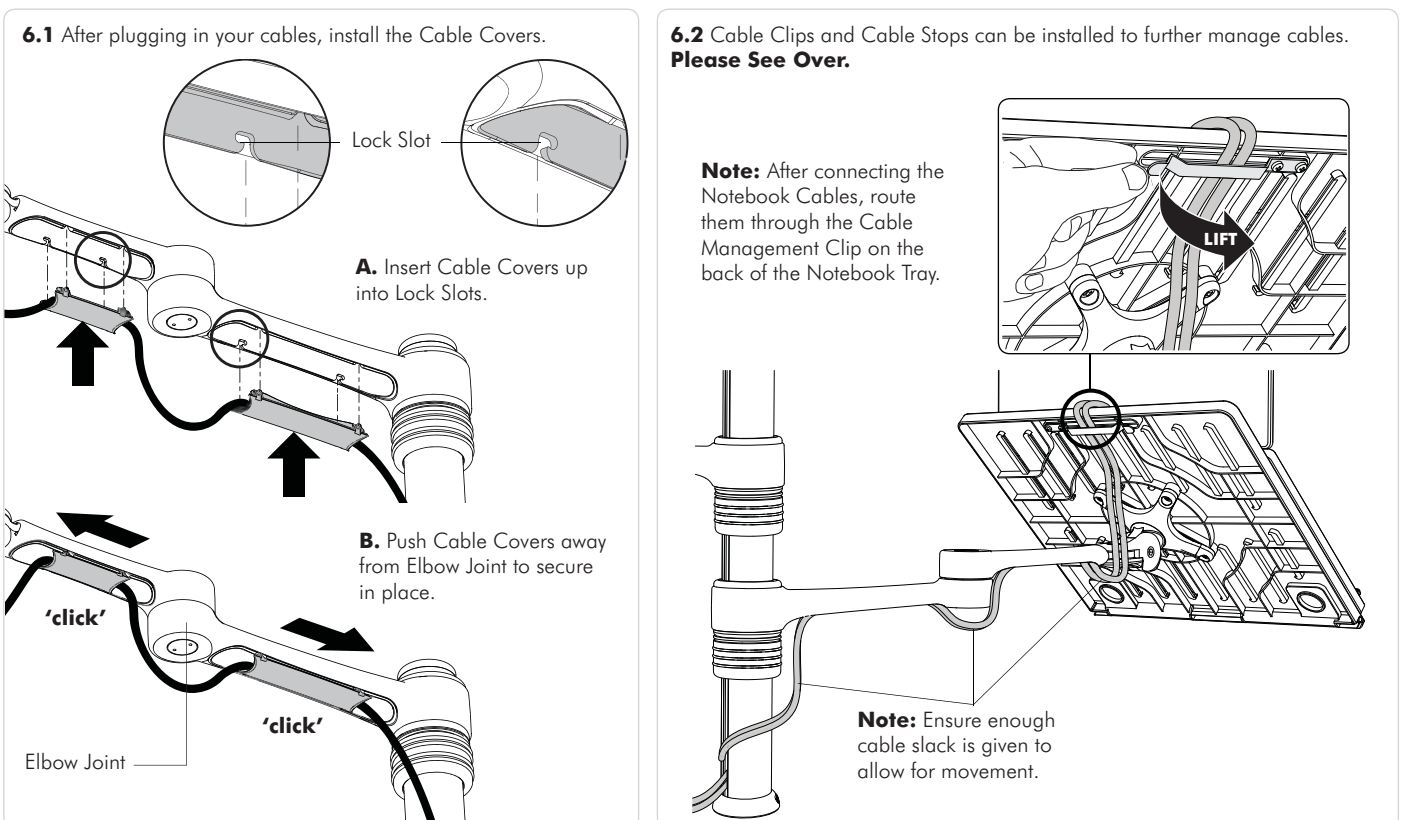
## Step 4. Re-install the existing Arm and Monitor



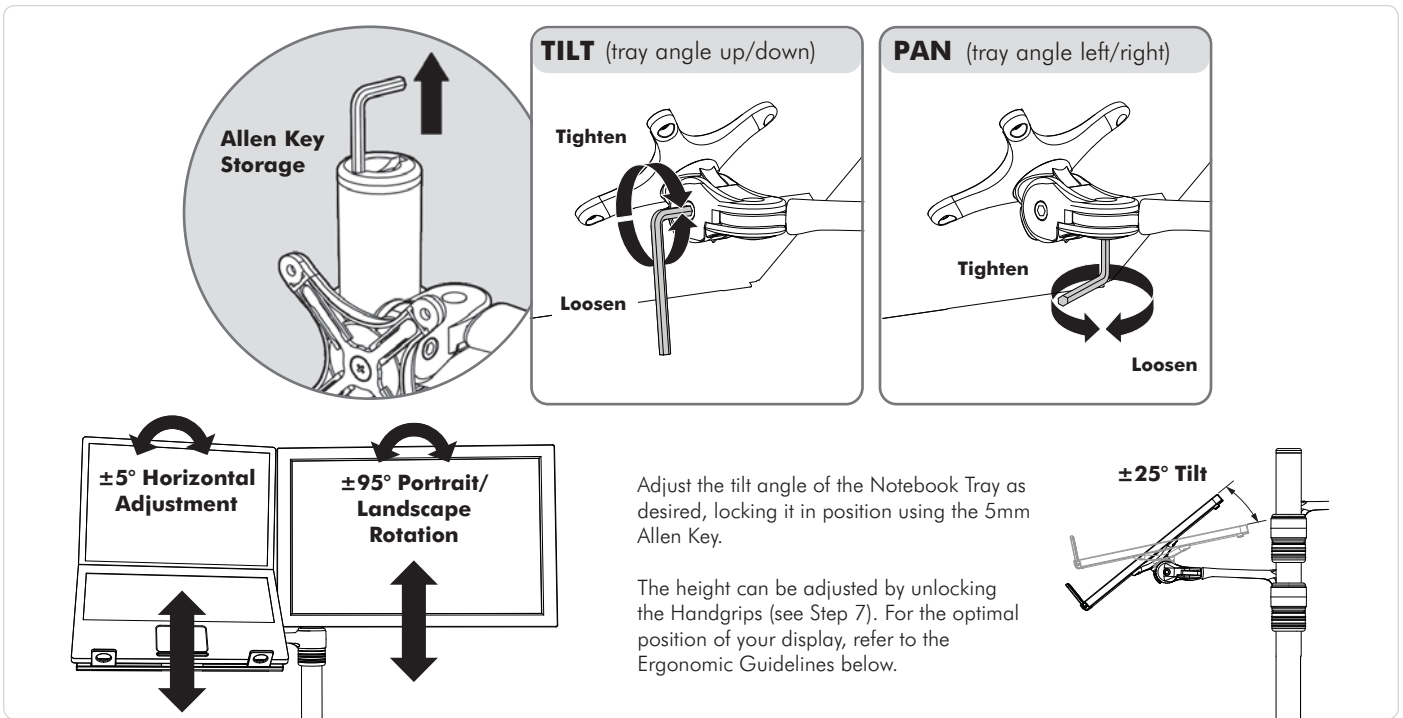
## Step 5. Install Notebook



## Step 6. Cable Management



## Step 7. Adjusting the Display Bracket



## Ergonomic Guidelines

Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.

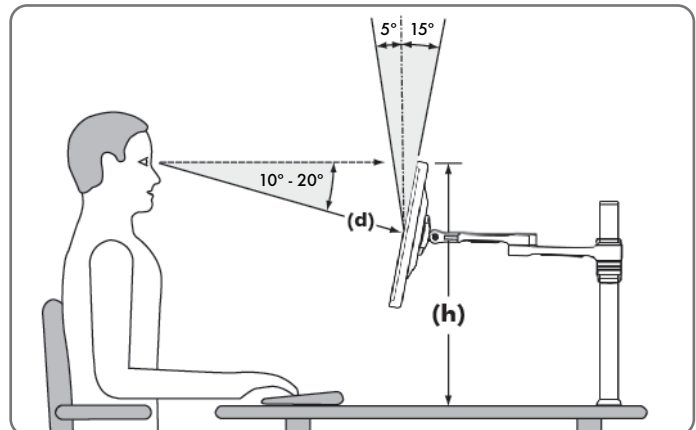
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**Height:** As a guide, the height (**h**) of your display should approximately be as follows:

- Tall Male (Max): 560mm (22")
- Short Male (Min): 368mm (14.5")
- Tall Female (Max): 520mm (20.5")
- Short Female (Min) 356mm (14")

**Distance:** For visual comfort, a viewing distance (**d**) between 500mm (20") to 750mm (29.5") is recommended.

**Tilt Angle:** Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.



## Installation Complete